Learn to recognize stroke

B - Balance
Does the person seem dizzy?
Ask if there is a sudden loss of balance.

E - Eyes
Is there difficulty seeing clearly?
Ask if there are sudden changes in vision.

F - Face
Does the face look uneven?
Ask the person to smile.

A - Arms
Does one arm drift down?
Ask the person to raise both arms.

S - Speech
Does their speech sound strange?
Ask the person to repeat a simple phrase.

T - Time
If you observe any of these signs, it's time to call 911 and to be taken to the nearest emergency room.

DO NOT DELAY. DO NOT DRIVE YOURSELF. DO CALL 911.

For more information on stroke, visit houstonmethodist.org/stroke or call 713.790.3333.

Stroke is a leading cause of serious, long-term disability and the fifth-leading cause of death in the U.S.

*Centers for Disease Control and Prevention and the National Stroke Association